

**Santa's elves
spend large***Shopping spree
fills 24 carts with
toys, gifts*

Page 11

Fort Riley Post

**Spouses
go crazy***Third annual
hat event
draws crowd*

Page 12



Friday, December 3, 2004

America's Warfighting Center

Vol. 47, No. 48

**Around
The Army****Korea:**

The Indianhead reported Dec. 3 that Soldiers of Area 1 and 11 boxed in the annual Tough Warrior Competition hosted by 177th Finance Battalion Nov. 13 at Hanson Field House on Camp Casey.

Warriors competed in nine different weight classes, each with hopes of taking home a first-place trophy.

In the female weight class, Jackie Dorsey defeated Amber Cornwell.

For more on this story and other 2nd Infantry Division news, visit www-2id.korea.army.mil on the Web.

Fort Knox:

The Turret reported Dec. 2 that clouds and stars adorn the ceilings in the eating areas of a new dining facility and tank sprockets hang on its walls. Gleaming new stainless steel mixers, ovens, deep fryers, steam kettles and grills equip the kitchen.

Fort Knox's 1st Armor Training Brigade opened the doors of Sprocket 1, the first of its two new dining facilities, for its first meal Nov. 27. Renovated from the connected dining facilities of 6542 and 6543 Chamberlin St., Sprocket 1 replaces seven company-size 1st Battalion, 46th Infantry Regiment dining facilities that closed the day before.

Sprocket 2, scheduled to open in February, will serve soldiers from five company-sized 2nd Battalion, 46th Infantry Regiment, dining facilities that will also close. Sprocket 2 will be located at 6555 and 6556 Abel St.

Each of the facilities will easily be able to seat 660 Soldiers at one time and were designed to serve up to 1,700 meals in one meal time frame.

For more about this story and other Fort Knox news, visit www.thenewenterprise.com/articles/2004/12/02/turret on the Web.

Kosovo:

The Guardian reported Nov. 17 that a U.S. Soldier and a civilian were injured after an explosion occurred in Urosevac/Perizag Nov. 10. KFOR soldiers were responding to a request from KPS/UNMIK-P officials for assistance in investigating a vehicle that had apparently crashed into a local department store. The injured Soldier was treated on the scene and then moved to Camp Bondsteel for more treatment. He was treated for multiple lacerations and penetrating wounds to the face and arm and was expected to make a full recovery.

For more on this story and other news about the Multi-National Brigade-East, visit www.mfalcon.hqsareur.army.mil/ on the Web.

Fort Gordon:

The Signal reported Nov. 24 that identical twins had been assigned to the 477th Signal Battalion while attending the multi-channel transmission systems operator maintenance course. They said they had been interested in joining the military since their freshman year in high school.

For more about this story and other Fort Gordon news, visit www.gordon.army.mil/pao/Signal on the Web.

By Jeff Coverdale

Community Relations Officer

Contract Services, Inc., of Junction City has tentatively been awarded a five-year contract to provide logistical support services at Fort Riley. Post officials do not

expect final decision on the contract until spring 2005.

The initial contract decision was reached based on a commercial activities study of the logistics support services operation of the Directorate of Logistics at Fort Riley that sought to determine the most economical way to

provide those services.

According to the Directorate of Contracting, the decision was made after a comparison study of the post's "Most Efficient Organization" currently providing support services at Fort Riley and proposals by private sector contractors.

The results of the cost comparison determined CSI would provide the most cost effective service for the government. However, final approval rests with the Department of the Army.

A review period will be held until Dec. 20 to allow DOL employees, representatives of the

American Federation of Government Employees, the Fort Riley employees' union and contractors who responded to the solicitation to review documentation leading to this decision.

DOL Director Larry Githerman

See Contract, Page 3

Kind acts earn awards

*Two post
women share
recognition*

Staff report

Two Fort Riley spouses received Random Acts of Kindness awards Nov. 29 during a ceremony in Manhattan's Triangle Park. They were among other recipients, including three retirees who ended their Army careers at Fort Riley and a civilian employee at Fort Riley.

The Random Acts of Kindness awards are presented annually to individuals who have exhibited some act of kindness that helped neighbors or others in their communities.

Joyce Wingfield is married to Spec. Gordon Wingfield. She is a stay-at-home mother with two children, 8-year-old Charisha and 6-year-old Tarisha.

Joyce was nominated for the award because of her support of Fort Riley Elementary School.

Part of that support included baking 500 Halloween cookies and distributing them to every child and teacher at the school.

She also volunteers many hours at the school, serves as president of the school's Parent Teacher Association and works with her mother to make hand-crafted gifts for all the teachers at the school.

Joyce
Wingfield

Juanita Boudreaux is married to Staff Sgt. Charles Boudreaux. She also is a full-time mother with five children: Leslie, 17, Johnny, 15, Trevor, 9, Eric, 7, and Rachel, 5.

Juanita received the award for helping her neighbors. When friends were in the emergency room, she picked up their daughter from school. When a friend was moving his office in the midst of a stressful time, she and her children unpacked his office and put everything away for him.

Another time, Juanita and her children raked a large lawn for a family while they were out of town; and when a friend had to be in the hospital while her husband

See Kindness, Page 4

First snow



Above: HHB, 1st Bn., 5th FA, Soldier Justin Blue (left) brushes off the nearly two inches of snow that fell overnight Nov. 28 and covered an Armored Personnel Carrier on post. Pvt. Michael Werners decorates the APC with a snowman. Despite the cold, several 1st Bn., 5th FA, Soldiers said they welcomed the snow after spending a year in the deserts of Iraq.

At right: Audrey Ayers sleds down the hill with her 18-month-old son, Will, and 4-year-old daughter, Mandy, on Nov. 29.

Post/Blackmon



Mild storm blankets post, region

By April Blackmon

Staff writer

Areas throughout Kansas received a healthy dose of snow early in the week. About three inches fell on Fort Riley Nov. 29 and 30. In the surrounding area, snowfall totals ranged from more than three inches in Manhattan to more five inches in White City, according to the National Weather Service in Topeka.

Directorate of Public Works employees on Fort Riley remained busy throughout the morning on Nov. 29 and 30, clearing streets and sidewalks around post.

"We began about 4:30, 5 a.m. with just a few trucks on Monday (Nov. 29). After 7:30, I sent out all 10 salt box trucks," said Burton Shepherd, roads and ground supervisor at DPW. "We didn't go through a whole lot of sand and salt because it wasn't that severe."

Mother Nature helped the 19 DPW workers clear the roads Monday morning, Shepherd said.

"We salted the streets a little, but when we do them and Mother Nature isn't cooperating, we have to do all roads. This time we didn't have to do it. There was still enough heat in the sidewalks, roads and

See Snow, Page 3

Reserves shoot from hip Unit first to train in reflexive fire techniques

By Christopher Selmek

19th PAD

Soldiers from the 1013th Quartermaster Company practiced shooting from the hip, so to speak, during reflexive fire training Nov. 10. Reflexive fire training develops skills that allow a Soldier to react quickly and accurately with his or her M16 rifle without taking time to aim.

The quartermaster company was the first reserve unit to take the reflexive fire training that has become a requirement for all units leaving Fort Riley for duty in the Southwest Asian theatre.

"We usually have much larger groups," said Gary Smith, G3 trainer. "Every unit now leaving Fort Riley will undergo this training, and that's based off the feedback of Soldiers who have experienced combat in Iraq and know what sort of training would be most beneficial."

The 1013th QM Co. Soldiers should benefit from the training "because this is the sort of close quarter combat they might be doing, and they need to be skilled in it," said John Ryan, range supervisor. "They have a certain number of tasks to meet before they can deploy. They're trained on turns,

right and left, and also firing while walking," he said.

"All reflexive fire develops muscle memory, and that's what we want to have so that they're arms automatically go to that position if they have to react in a hurry," Smith said.

Reflexive fire validation requires Soldiers to hit 24 of 48 rounds to pass the station, Smith said. The relatively low accuracy required, compared to more stringent traditional M16 marksmanship qualification, relates to the knee-jerk nature of reflexive firing and the training focus on providing

See Reflex, Page 3



19th PAD/Selmek
Spec. Chad Gaber, 1013th QM Co., practices a quick reaction stance while waiting to train on the reflexive fire range.



POWs honored

(From left) Italian Soldiers, Capt. Maurizio Migliozi and Capt. Roberto Viglietta, and German Soldiers, Maj. Jesko Peldszus and Lt. Col. Thomas Groeters lay two wreaths at the graves of 73 German and Italian Soldiers who died at Fort Riley as prisoners of war in World War II. The annual ceremony paying tribute to the Soldiers took place Nov. 23 in the post cemetery.

Post/Robinson



Retirees honored at post ceremony

Staff reports

Four retiring Soldiers were recognized for their military service at a Nov. 17 ceremony at Riley's Conference Center.

Each Soldier received a Meritorious Service Medal during the ceremony. The medals recognized their outstanding military service.

Retirees' spouses received certificates of appreciation recognizing their contributions and thanking them for the support they gave to their sponsors' careers.

Of the four retirees, one plans to stay in the area.

Sgt. 1st Class Wyman Brown, Headquarters and Headquarters Battery, 4th Battalion, 1st Field Artillery, is retiring after 23 years of military service.

He plans to live in Ogden and work as a resource manager.

Sgt. 1st Class Bertha P. Bush, Headquarters and Headquarters Company, 24th Infantry Division (Mech), is retiring after 21 years of military service.

She plans to live in Macon, Ga., where she will pursue a bachelor's degree and volunteer at local schools and hospitals.

Coming up

Fort Riley's next monthly retirement ceremony will take place at 9 a.m. Dec. 15 in Riley's Conference Center. The public may attend.

Sgt. 1st Class Charles R. Gordon, Battery D, 1st Bn., 5th FA, is retiring after 20 years of military service.

He plans to live in Olympia, Wash., and work for the federal government at Fort Lewis.

Sgt. 1st Class Charles J. Keger, Headquarters and Headquarters Detachment, 101st Forward Support Battalion, is retiring after 21 years of military service.

He plans to live in Lake City, Mich., where he wants to complete his master's degree and become a logistics instructor for the military.

U.S. aims to have missile defense soon

By John Emmert

Army News Service

WASHINGTON — The United States will have the capability to defend itself against a limited attack by long-range ballistic missiles when the missile defense system becomes operational later this year.

The U.S. Army Space and Missile Defense Command agency has built, tested and verified an initial defense operations capability, said Thomas Devanney,

deputy program director for the Ground-Based Midcourse Defense Agency.

SMDC is prepared to put it on alert while continuing testing and development on the in-place hardware and software.

The missile defense system is a collection of ground and sea-based radars, communication systems designed to detect, track and destroy an enemy warhead before it can reach the United States.

"Since the 30th of September, we've been going through a series

of transition exercises with the warfighter," Devanney said. Participants have gone through the checklists and procedures and the system has been close to becoming armed a number of times. The only thing they didn't do was mechanically arm the interceptors.

Fort Greely, Alaska, has five ground-based interceptors emplaced and was set to receive the sixth during the first week of November, Devanney said.

Plans to place an additional 20 interceptors within the next few

years are under way. Allen Army Airfield has been upgraded so interceptors can be flown directly to the site.

Army National Guard Soldiers are now manning the fire control stations at Fort Greely and Colorado Springs, Devanney said. Either station can operate the system.

Vandenberg Air Force Base, Calif., is coming online before the end of the calendar year with four more silos and an in-flight communication system.

IMPRESSIONS HAIR AND NAIL STUD

2 x 2.5"

Black Only

2X2.5 IMPRESSIONS 12/3

HOLIDAY INN EXPRESS-ABILENE

2 x 2.5"

Black Only

2X2.5 HOLIDAY INN 12/3

FIRST CHOICE MEATS

2 x 3"

Black Only

2X3 1ST CHOICE MEATS 11/26

DICK EDWARDS HYUNDAI

6 x 10.5"

Other Color

RED 6X10.5 DICK ED HYUNDAI



Post news in brief

Post to test security efforts

Fort Riley will conduct a security exercise Dec. 6-9. Drivers entering Fort Riley should expect delays at all access control points and occasional traffic rerouting on Custer Hill.

Contributions to TSB to begin

Employees who turn 50 years old by Dec. 31, 2005, and who are contributing the maximum amount to their Thrift Savings Plan may begin to make their TSP Catch-Up contribution elections for 2005. The maximum TSPC contribution amount for 2005 is \$4,000. Employees must also be in a pay status and not in a six-month noncontribution period after receiving a financial hardship in-service withdrawal. TSPC contributions for 2004 will automatically discontinue in the pay period ending Dec. 11, 2004, which will be paid on Dec. 23.

Employees need to make a new TSPC election each year due to the IRS elective deferral increase. When making a TSPC election, employees will need to enter only the dollar amount they wish to have deducted from each paycheck, not the annual maximum. For more information, contact the ABC-C at (877) 276-9287. Benefit counselors are available from 6 a.m. to 6 p.m., excluding federal holidays.

Group to host dinner, ball

The Retired Sergeants Major and Chief Association will host a formal holiday ball and dinner beginning at 6 p.m. Dec. 18 at Riley's Conference Center.

Maj. Gen. Dennis Hardy, commanding general of the 24th Infantry Division and Fort Riley, will be the guest speaker.

Cost is \$15 per person. For more information, call Rick Hearron at (785) 537-7256 or Martin Almendarez at (785) 761-2362.

College opens master's class

Central Michigan University is accepting enrollment for a course in "Environments in Administration" through Dec. 20. The course is part of the master's degree program offered at Fort Riley. Classes will meet Jan. 7, 8, 21 and 22 and Feb. 4 and 5.

To register online, go to ddlcampus.cmich.edu. For more information, call 784-4402.

College grad ceremony set

Those who are graduates of local college or SOCAD college programs are being invited to participate in the post-wide graduation ceremony at 1 p.m. Dec. 9 in King Field House. For more information, call 239-6481.

Transport unit deploys to Iraq

More than 60 Soldiers with the 2nd Heavy Truck Platoon, 2nd Transportation Company, deployed late Nov. 30 in support of Operation Iraqi Freedom.

The Soldiers are part of the 24th Transportation Company, 541st Maintenance Battalion, 937th Engineer Group. The unit will conduct heavy equipment transportation and support missions in Iraq.

This is the unit's second rotation to Iraq. The company returned from a one-year deployment in April 2004.

Once in theatre, the unit expect to join their main unit, 2nd Transportation Company from Fort Irwin, Calif.

Contract continued from page 1

explained DOL provides logistical support services to active duty and reserve component Soldiers stationed at, mobilizing to or deploying from Fort Riley.

He said these services include general support, direct organizational and direct support maintenance, augmentation organizational support, maintenance assistance and instruction services including aircraft maintenance, unit level logistics system, Master Gunner program, operation of the Central Vehicle Wash Facility, Transportation Motor Pool, warehousing and supply management, stock records management, freight and Personal Property and Household Goods movement.

David Wild, director of contracting at Fort Riley, said CSI is not new to Fort Riley or to the DOL.

"CSI performed the DOL's direct support and general support maintenance function for many years under three different iterations of contract," he said.

As a result of the tentative contract award to CSI, Fort Riley will request approval for voluntary early retirement authority for employees nearing retirement and will offer voluntary separation incentive pay for employees who voluntarily resign.

Vacant positions within the U.S. Army Garrison organization will also be used to place qualified employees affected by the

decision.

Reduction in force procedures might be necessary if remaining affected employees are not placed.

If a RIF is necessary, the RIF planning process will be conducted over several months. Affected employees will be advised to attend upcoming briefings on RIF procedures, VERA and VSIP, placement and transition assistance, severance pay, unemployment compensation and related employee benefits. The briefings will be announced at a later date.

Githerman indicated 63 positions would be directly affected by the results of the decision if the Department of the Army ultimately decides that CSI should get the contract. Not all of those 63 positions are filled, he added.

Wild cautioned against rumors of job losses and employee downsizing. He emphasized the fact the contract includes a right of first refusal provision.

"Under the right of first refusal provision, jobs will be offered to displaced civil servants for those positions CSI deems them qualified to perform," he said. He also said that it has been past experience that CSI typically rolls over current employees under its umbrella in order to maintain continuity.

Wild said he expects the final decision on the contract to come sometime in the summer of 2005.

Snow continued from page 1

ground to take care of it," he said.

Melting snow and more precipitation Monday night left ice and more snow on the roads and sidewalks. Shepherd and his crew were out again early Nov. 30 with salt and sand, clearing paths for drivers and pedestrians.

"It turned colder and froze after we put salt and sand on the roads Monday, so I had out 11 salt trucks. And with traffic, it kind of broke up the ice. It went pretty well," he said.

Crews were also sent out to clear school sidewalks and workers gradually made their way through the housing areas later in the morning, he said.



Post/Blackmon

Sp. John Morris of Btry. A, 1st Bn., 5th FA, helps clean off a Paladin.

Fort Riley operations

For post road conditions, traffic delays and post operations, visit the Fort Riley Web site at www.riley.army.mil and click on "Advisories."

Call the Fort Riley Operations Center automated advisory line at 239-2973, 239-2975, 239-2978, or toll free at (866) 562-7319.

Post operations' status will be announced on:

Radio:
KJCK Junction City (1420 AM, 94.5 FM)

KMAN Manhattan (1350 AM, 101.5 FM, 104.7 FM)

KBLS (102.5 FM)

KHCA Manhattan (95.0 FM)

Wildcat Manhattan (91.9 FM)

KSAJ Abilene/Salina (98.5 FM)

KSAL Salina (1150 AM)

WIBW Topeka (580 AM, 97.3 FM)

Television:

WIBW (CBS Topeka);

KSNT (NBC Topeka).

On post, watch Fort Riley Channel 2 and the electronic bulletin board

Reflex

continued from page 1

suppressing fire rather than inflicting casualties.

Ten-meter and 25-meter targets are used, although a large amount of attention goes to using the correct stance at the correct time.

"You have to be able to target from the low and high stances, it teaches you to hold that stance if you're ever in close quarter combat," said Spc. Chad Gaver.

"Low ready is generally used to clear the inside of a building, in hallways," Smith said. "The high ready is used to patrol areas outside a building, like if there's a bad guy on a balcony or sticking out a door somewhere."

Field Manual 3-22.9 outlines the training and stresses muzzle awareness as an important aspect of reflexive fire.

"A lot of it is muzzle awareness, just making sure you don't sweep your buddy," Gaver said. "It teaches you to be more aware."

The training staff and Soldiers taking the training hope it will serve to reduce casualties and make the Army as effective a fighting force as possible.

"This will be very important for patrolling," Ryan said. "I'm not sure what they're mission will be, but from what I see on the news, this will really come in handy when clearing buildings, if they have to do that."

AT&T-AFC
5 x 14"
Black Only
#5189156519004/United We Stand





Kindness

continued from page 1

was deployed, Juanita helped with meals and watching their children.

Roger and Flora Oldham have lived in Ogden for the past 16 years. Roger retired from the Army in 1991. They received their Random Acts of Kindness awards from Ogden Mayor Wayne Henson.

Both volunteer at the Ogden Community Center and library. They also volunteer at the Breadbasket in Manhattan and deliver Meals on Wheels.

Roger is a volunteer for Big Brothers and is serving his first term on the Ogden City Council. Flora is a longtime member of the Ogden Planning and Zoning Board.

Junction City residents and Army retirees James Calhoun and Albert Fagins received their Random Acts of Kindness awards for helping a single mother in need. When her car broke down, the two men took her to a parts store, and then pulled her car to the auto skills shop on Fort Riley to repair it.

They loaned her one of their cars while they fixed hers.

Dennis McCosh is a life-long resident of Dickinson County who is employed by the Directorate of Public Works at Fort Riley. He is an electrician who has a reputation for helping people when they need electrical work.

His Random Act of Kindness spread over a six-hour period helping a family one night when they were without power. They had planned to leave on a trip the next day, so Dennis spent the

Governor's proclamation

Whereas, In our society, kindness is too frequently overlooked; and

Whereas, A small act of kindness can and does make a difference in our everyday living, and we should focus on positive actions within our community; and

Whereas, The communities of Fort Riley, Ogden, Junction City and Manhattan have agreed to recognize individuals from each city for a random act of kindness they have performed in 2004; and

Whereas, The selected individuals will be recognized at the Random Acts of Kindness Ceremony at Triangle Park, Manhattan, Kansas;

Now, therefore, I, Kathleen Sebelius, governor of the state of Kansas, do hereby proclaim Nov. 29, 2004, as Random Act of Kindness Day in Kansas and urge all citizens to join in this observance.

Signed at the Capitol in Topeka on Nov. 8, 2004

evening fixing their electrical problem so they could leave on their trip as scheduled.

The chief administrator of Memorial Hospital in Abilene, an 8-year-old third-grader in Manhattan and a student at Manhattan Christian College also received Random Acts of Kindness awards.

Smithsonian opens military exhibit

Army News Service

WASHINGTON — A new exhibit featuring the U.S. armed forces opened Veterans Day at the Smithsonian.

Museum of American History and several Soldiers received a preview Nov. 10.

"Price of Freedom: Americans at War" was previewed by a number of Operation Iraqi Freedom veterans recuperating at Walter Reed Army Medical Center. Chairman of the Joint Chiefs of Staff Gen. Richard B. Myers also was there.

"I think this exhibit shows people ... that freedom isn't free," said Staff Sgt. Joseph L. Bowser, who was injured in Iraq while serving with the 293rd Transportation Company, a Reserve unit from Connecticut.



Chairman of the Joint Chiefs of Staff Air Force Gen. Richard B. Myers tells how Americans have given much for many at The Price of Freedom: Americans at War-Exhibit Opening Ceremony Nov. 10, 2004.
DoD/Houlahan

Living history presenters were at the exhibition's opening festival Nov. 13. Some were storytellers portraying characters from early American conflicts. Others were veterans of more recent wars sharing their experiences.

Retired Capt. Ronald Rad-

cliffe discussed his experiences as a helicopter pilot in Vietnam. Lt. Col. Donald Byers, the last Korean War veteran to retire from active duty, recounted his service as a member of a machine gun platoon in Korea.

The Liberty Belles recreated a World War II USO show at the

museum.

The permanent exhibition takes up 18,000 square feet and features military events from 1756 to today. The exhibits begin with the French and Indian War and progress by exploring the military experience from the Revolution through the Global War on Terror.

The exhibit includes interactive media experiences and an array of relics, including battle flags, firearms, swords, uniforms, medals and Soldiers' equipment. Included are George Washington's commission from Congress as commander in chief of the Continental Army, Andrew Jackson's uniform jacket from the Battle of New Orleans and a radiogram alerting the Pacific Fleet: "Air Raid Pearl Harbor. This is no drill."

GEARY COMMUNITY HOSPITAL
3 x 5.5"
Black Only
3X5.5 GCH KHOURY 03545419 SR

KANSAS PRESS
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KanServe/11-30, 12-1 & 12-3

ACTION TIME
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Black Only
2x5 Action Time TFI2/3 0354590

DAILY UNION
2 x 8"
Black Only
Convention Center/New Year's

DAILY UNION
4 x 10.5"
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FORT BRAGG/US ARMY RECRUITMENT



Commentary

Friday, December 3, 2004

Fort Riley Post

Page 5

Riley Roundtable

This week's question:

What would you recommend as ways to ease the sadness of being separated from loved ones, especially during the holidays?



"I think the Army should encourage as many Soldiers as possible to take leave during the holidays. I don't know what could be done for those who have to stay on post."

Spc. Noel Cavazos
Light Wheeled Vehicle Mechanic
1st Maintenance Battalion
Home: Edinburg, Texas



"People should surround themselves with friends and as much family as they have. I will be spending this Christmas with other widows."

Kassie Collins
War widow
Home: Lives in Manhattan



"Try to get a phone call as close to the holiday as possible just so you can hear their voice. Concentrate on the job while you're in Iraq. The less you think about home the easier it is and the faster the time goes. That will also keep you safe."

Sgt. Paul Hammer
Fire support sergeant
HHB, 4th Bn., 1st Field Artillery
Home: Mesa, Ariz.



"Phone calls are good, and pictures, too. I carried photos of my girlfriend and my mom when I was in Iraq."

Spc. Jesse Vargas
Infantryman
Co. A, 1st Bn., 16th Infantry
Home: San Marcos, Texas



"There should be parties for the single Soldiers, with music and dancing, maybe a potluck dinner, because all we do is sit in the room and wish Christmas was gone."

Spc. Marcia Vickers
TOW missile technician
101st Forward Support Battalion
Home: Brooklyn, N.Y.

Next week's question:

If you were the post command sergeant major, what would you try to improve at Fort Riley?

Opinions may be e-mailed to the editor at mike.heronemus@riley.army.mil or faxed to the editor at 239-2592. Opinions must reach the editor by close of business Tuesdays to appear in the following Friday's paper.

Tasha Jones
DES

With Christmas just around the corner, there are many things to consider when it comes to keeping your family healthy, safe and happy.

Alcohol is the number one cause of accidents this time of year, so don't drink and do anything. Save the spirits till after you've strung the outdoor lights, finished cooking and gotten home safe from the party.

Christmas season is also the season for snow, ice and sleet. This can make travel hazardous, whether you are just walking to the corner store or driving across the country. When walking, wear shoes or boots with a sturdy sole and a good tread. If the sole is



Tasha Jones

worn or flat, it may cause a fall.

Watch out for patches of snow that may hide ice underneath. Snow, sleet and rain make driving hazardous, but can also cause falls and broken

bones.

When driving around the holidays, remember that most people on the road are more stressed and distracted than usual and may be rushing to get home. Use extra caution when driving in traffic, merging, near shopping centers and in busy intersections.

According to the Cornell Science Center, common yuletide plants such as mistletoe, ivy and holly berries can be poisonous, possibly even fatal. Poinsettias are rated as low toxicity, but they can still cause problems if ingested in sufficient quantities. Keep these plants out of reach of young children.

For many people, decorating the Christmas tree is a favorite part of the holiday. According to the National Safety Council, Christmas tree fires cause 300 house fires and \$8 million in property losses every year. A shorted wire on a dry tree can start a fire that will engulf a room in less than two minutes.

To prevent fires, if you buy a pre-cut tree, choose one that is fresh. The needles should be sticky, rubbery and difficult to

pull off. Dry needles are brittle and break off easily.

It is also a wise idea to cut off the bottom few inches of trunk and always keep water in the stand so the tree doesn't dry out.

Choose a sturdy stand designed not to tip over. Position the tree away from exits and heat sources, as close as possible to the outlet used for lights so cords don't stretch across the room.

Lights should be labeled UL to indicate that they are safe for indoor use. Christmas decorations and artificial trees should be labeled fire retardant. Never use lights on a metal tree, and start a fire that will engulf a room in less than two minutes.

To prevent fires, if you buy a pre-cut tree, choose one that is fresh. The needles should be sticky, rubbery and difficult to

Equal Opportunity

Fight sexual harassment with knowledge

By Nicole L. Powell
Equal Opportunity Advisor

What is sexual harassment and why do we receive training twice a year?

Sexual Harassment is a form of gender discrimination that involves unwelcome sexual advances, request for favors and other verbal or physical conduct of a sexual nature. While females report many cases, males are also victims of sexual harassment.

Prevention of Sexual Harassment training is required twice a year by regulation. But sexual harassment continues to be a problem. One case of sexual harassment is one too many. Sexual harassment affects teamwork, destroys unit cohesion and takes away from combat readiness.

So what can you do about it? If you are being harassed, you can tell the harasser to stop or use your chain of command. If



Nicole Powell

you witnessed the behavior, confront the offender and let them know the behavior is not appropriate and will not be tolerated.

Equal opportunity representatives and advisors and commanders are the people we commonly look towards for EO guidance and enforcement. But it is the responsibility of every servicemember to know the policy and enforce it. We should demand an environment free of sexual harassment.

Situation:

It's Friday night and a male specialist in civilian clothes

taunted a female noncommissioned officer, also in civilian clothes, outside a post club. The two were assigned to different commands and did not know each other.

The male was wearing a T-shirt with his battalion name and insignia embossed on the front and two other Soldiers from his battalion observed the incident. The specialist followed the NCO down the sidewalk, yelling sexually explicit suggestions at her. She continued walking.

You and others witness this.

Appropriate action?

A. At what point did the specialist's behavior become inappropriate?

B. At what point does showing an interest in a person of the opposite sex constitute sexual harassment?

C. Does it make a difference that the specialist was unaware

that the female was an NCO?

D. Does it make a difference that the specialist and NCO were from different commands?

E. What was the obligation of the two Soldiers from the specialist's battalion who observed the incident?

F. Was the female obliged to identify herself as an NCO?

G. Was the NCO required to respond to the explicit sexual taunts and suggestions by confronting the specialist?

H. Is "Hey, Babe," a sexual taunt?

I. Does action and response depend on the circumstances at that time?

J. When does a question that can be sexually interpreted become sexual harassment?

If you are unsure of your role to combat sexual harassment or have question or concerns, contact your brigade or installation Equal Opportunity Office.

Self-improvement

Ceremony caps personal achievement

By Federico J. Rodriguez
Director, Education Center

Caps and gowns have been ordered, announcements have been mailed and graduation programs are being printed.

Family members are making plans to attend. Anticipation is building at the Education Center as well.

The colleges and universities with classes on post are making arrangements for all the last-minute requirements, and soon-to-be graduates are making final preparations for the Fort Riley graduation ceremony that will be conducted at 1 p.m. Dec. 9 in King Field House.

Many Soldiers' family members, retirees and Department of the Army Civilians have found the time during this busy year to complete the coursework required to earn their degrees.



Federico Rodriguez

These non-traditional students have worked full-time jobs while attending classes and many have been involved in raising families.

This ceremony really represents years of struggle and sacrifice for many students.

More than 200 students earned their degrees and more than 120 of those students will be present to participate in the ceremony.

The graduation ceremony will be replete with pomp and pageantry. Maj. Gen. Dennis E. Hardy, commanding general of the 24th Infantry Division (Mech) and Fort Riley, will give

his comments to the audience and representatives from the on-post schools will be on hand to pass out the diplomas and congratulate the graduates.

Marian Moore, chief of instructional programs, said, "the graduation ceremony is a wonderful way to recognize and celebrate the achievements of our students."

It is truly a family event," and added "The entire community is invited to attend."

Family and friends of the graduates will be coming from across the country to share this exciting event.

Co-workers and friends from the community will also be on hand to congratulate the graduates. See you at graduation.

FORT RILEY POST

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Your opinion is important to the Post editor and staff. Please take a moment to tell us how well we are doing our job of keeping you informed about what is happening at Fort Riley. Fax the form to (785) 239-2592 or clip and mail this form to Editor, Public Affairs Office, Building 405, Fort Riley, KS 66442, or drop the form at building 405. You may also send your opinions to the staff by e-mail at mike.heronemus@riley.army.mil.

What are your concerns or suggestions for improvement?

Your name (optional) and phone number (if you would like to talk about your ideas): _____





Post news in brief

Hospital seeks volunteers

Irwin Army Community Hospital Community Health Nursing, in conjunction with the University of Missouri-Kansas City, seeks volunteers to participate in a 90-minute discussion about smoking.

This one-time commitment is for one of three focus groups for the Model DoD Systems Approach for Tobacco Cessation. Information gathered will be used for determining strategies to market tobacco cessation for future media campaigns and is completely confidential.

Lunch will be provided. The three focus groups are divided into junior enlisted smokers, junior enlisted nonsmokers and supervisors of junior enlisted. Each focus group will last about 90 minutes with the goal of conduct two (the smokers and nonsmokers) during lunch and the remaining one (the supervisors) immediately after lunch. Focus groups will meet beginning at 11:30 a.m. Dec. 13 at IACH.

For more information, call Capt. Jennifer Fenti at 239-7323.

Special Forces seeks members

Army Special Forces recruiters will be conducting briefings at Fort Riley Dec. 6-9. Briefings will be at noon, 3 p.m. and 5 p.m. each day in the Post Retention Office, Building 7626 on McGlachlin Street.

The Army's Special Forces is a strategic, multi-purpose force capable of rapid response to various contingencies around the world.

Called "Green Berets," these highly skilled Soldiers are trained in unconventional warfare, foreign internal defense, direct action, special reconnaissance, combating terrorism, information operations and counter-proliferation.

Special Forces Soldiers also are diplomats and teachers trained in foreign languages and called on to teach military skills to people around the world. The Green Berets also support global humanitarian relief efforts. Special Forces candidates must be mature and self-motivated, open and humble and better conditioned physically and emotionally than the average Soldier.

Soldiers who think they can qualify to be a Green Beret

should call Sgt. 1st Class Kris Ball at (719) 524-1461 or (877) 840-8502.

Biker classes scheduled

A dirt bike rider course is scheduled to begin at 10 a.m. Dec. 4 and 18 at the McGee Farm in Wakefield.

An all-terrain vehicle rider course is scheduled to begin at 10 a.m. on Dec. 5 and 12 at the McGee Farm.

The hands-on, half-day dirt bike and ATV rider courses are taught by licensed ASI instructors. The courses offer students an opportunity to increase their safety knowledge and to practice basic riding skills in a controlled environment under the direct supervision of a licensed instructor.

Students practice basic safety techniques with hands-on exercises. Particular emphasis is placed on the safety implications relating to each lesson.

The course also covers protective gear, environmental concerns and local laws. Participants receive the Dirt Bike and ATV RiderCourse Handbook that reinforces the safety information and riding techniques covered during the classes.

Individuals 6 years of age and older may take the class. Riders younger than 16 are restricted to dirt bikes and ATVs of the appropriate size recommended for the rider's age. There are special teaching provisions for students under 16 years old, and parents are encouraged to attend. Students younger than 12 participate in separate classes and a parent must be present during the entire course.

Students under the age of 18 must have a parent or guardian sign the release and consent form. For more information, call Vanita Fiedler at 239-2334.

'In Step' times change

Programming conflicts with CBS will change the time "In Step with Fort Riley" airs on some Sundays through Dec. 19. Instead of its normally scheduled slot of 7 a.m., the show will air at the following times and dates:

The Dec. 5 show will air at 6:30 a.m. Dec. 4.

The Dec. 12 show will air at 6:30 a.m. Dec. 11.

The Dec. 19 show will air at 6:30 a.m. Dec. 18.

By Shaun Herron

Army News Service

WASHINGTON — New Army guidance on sexual assault prevention and response was released Nov. 12 and will be included in the upcoming revision of AR 600-20, Army Command Policy, in 2005.

The new guidance is one of several steps the Army recently took to re-emphasize that any offense of sexual assault is inconsistent with Army values and warrior ethos, officials said.

In addition to the new policy guidance for commanders, the Army has launched a Web site at www.sexualassault.army.mil.

It uses the Web site to promote steps leaders and Soldiers at all levels can take to prevent and respond to instances of potential sexual assault.

Included in this Web site are links to training materials developed by Training and Doctrine

Command.

Sexual assault prevention training will be part of initial entry training, semi-annual training, installation in-processing and pre-deployment training for all Soldiers.

The newly launched sexual assault Web site and incorporation of the new Army guidance into AR 600-20 reinforces Army leadership's ongoing commitment to ensuring that adequate prevention programs and policies are in place, said Col. Paris Mack, chief, Human Factors Division, Human Resources and Policy Directorate, GI.

It will also ensure that Soldiers who are victims of sexual assault receive proper treatment, medical and psychological care, he said.

It also requires the chain of command to provide full support, dignity and confidentiality to victims, he added.

Any reported incidents of sexual assault will be "fully investigat-

ed and acted upon through the military criminal justice system," he said.

These efforts are the first steps at incorporating the recommendations of an Army task force that conducted a 90-day detailed review of the Army's policies and programs on sexual assault.

That task force issued an 80-page report with 24 recommendations to improve the system.

When looking for ways to improve the Army's policies and programs, the task force sought advice from outside agencies; those agencies included the Department of Veteran Affairs;

National Organization of Victim Assistance; Rape, Abuse, and Incest National Network; The Miles Foundation; Navy; Coast Guard; the University of Arizona and Purdue University in Indiana.

Both universities were given grants from the Department of Justice for their prevention programs, and the age category for Soldiers who report assaults and their assailants are in the same age category as the university students.

Nearly 84 percent of alleged perpetrators were identified as junior Soldiers, and 95 percent of the victims were Soldiers in the rank of staff sergeant and below.

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Vets get new IDs

Cards to hamper identity theft

By AFPS

WASHINGTON — The Department of Veterans Affairs has designed a new identity card for veterans that will safeguard confidential information while combating identity theft.

"The new identification card ensures veterans' personal information is protected," Veterans Affairs Secretary Anthony J. Principi said in a statement. "It also helps prevent the theft of important benefits and services from veterans that they earned by their service to our country."

The card, formally known as the Veterans Identity Card, will have veterans' photos on the front and identify them as enrollees in the VA's health-care system.

Encrypted on a magnetic tape on the back of the card will be the veteran's Social Security number, date of birth and a control number. The magnetic strip also records whether the veteran has a service-connected disability.

Identity theft is one of the fastest growing crimes in the nation. The Federal Trade Commission listed identity theft as the No. 1 fraud reported by consumers in 2003.

Requests from veterans and their congressional representatives were instrumental in bringing about these latest changes, officials said.

"The new VIC ensures the security of veterans' personal information as well as ensuring that only eligible veterans receive the benefits and services they've earned," said Kristin Cunningham of the VA health-care system's business office.

Veterans should request the new card at their local medical center. Processing will take five to seven days once eligibility is verified. VA officials said they hope to complete the conversion to the new, safer card by mid-November. The existing cards will remain valid until veterans receive their new cards.

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Iraqi-American teaches Fort Riley Soldiers

Woman who escaped Saddam's regime gives back to military that liberated country

By Logan Adams
K-State student

Whether she's wearing a red sweater with black slacks, a T-shirt and jeans or an American business suit, Thuria "Tara" Mossa's brown eyes look far more like those of a life-long Kansan than of an Iraqi-American.

But this woman, who escaped the regime of Saddam Hussein long ago, is now teaching students at Kansas State University and Soldiers at Fort Riley who are preparing to be sent to her homeland about her native country's language and customs.

Mossa has been teaching the Arabic language for several years to students at K-State but recently started going to Fort Riley to teach Soldiers things they'll need to know once they've been deployed to Iraq.

"I brief them on culture differences, teach them some Iraqi phrases," she said. "They ask about Ramadan, marriage, divorce..."

She said she taught at Fort Riley for the first time in late October and is looking forward to her next opportunity to work with the Soldiers. She said she feels deeply for them and hopes they are successful in Iraq.

"We have to fix it for all the wonderful people we've lost," said Mossa.

Mossa said she escaped in 1982 with her husband, Saad, and said it was a frightening experience from the beginning. Mossa

said that when they were preparing to leave, they were detained by the Iraqi General Security Administration, something she likens to the F.B.I., and were interrogated for hours on end.

"We went in in the evening,"



KSU/Adams
Kansas State University teacher Thuria Mossa goes over nuances of her native country's language. She escaped Iraq while Saddam Hussein was in power and now devotes some time teaching Fort Riley Soldiers about the language and customs they will encounter.

she said, "and when we left it was morning."

She said they were fortunate to receive permission to leave the country from the government and boarded their plane. She said she was relieved when their plane was cleared to take off while government officials called the plane behind them back.

Mossa said they first stayed in Chicago for three months and then moved to Manhattan to study at K-State. They've lived in Manhattan ever since and have three children, two girls, Noor, 24, and Hebaz, 21, and a son, Achmed, 19.

Mossa doesn't have as obvious an Iraqi appearance as one might expect. Her ancestry is Kurdish, and her face shows it. Her skin is well tanned, not to the olive color of most Iraqis but similar to that of many Kansas farmers.

The Kurds are the Shiite descendants of Europeans who converted to Islam and migrated to northern Iraq and southern Turkey.

She said her husband also have a very interesting heritage. His father's side is Sunni, and his mother was Catholic. She said he

grew up attending Catholic school in Iraq and is currently in Baghdad working for the U.S. Embassy.

Islam is divided into two sects: the Sunnis, who are the more prominent population, and the Shiites, who worldwide are much smaller in number but form the wide majority in Iraq and Iran.

Mossa said she still has strong ties to her family in Iraq and worries much about the insurgency. She said that when the United Nation's Embassy was bombed last summer, Mossa's sister Sharouk was living in an apartment right across the street.

All the rooms that were on the blast side of the building were damaged when the bomb exploded, Mossa said. She said that Sharouk fortunately wasn't hurt.

She said her cousin's son, Cameron, wasn't as fortunate. She said he was one of five survivors of a car bombing outside a Baghdad police station in September that killed almost 40 people.

"His face is all jacked up," she said of his injuries, adding that nothing short of major plastic

surgery could return him to his former appearance. "I have his baby picture in my room, and it just kills me because his face is all messed up."

In mid-November, Mossa found out that things had gotten worse for Cameron. She said that Cameron had been kidnapped by insurgents recently but then was released to his family.

She said they kept his car, however, and that it will most likely be used to bomb Iraqis or Americans.

She said this is the third time one of her family members has had a car stolen by the insurgency. When her niece's husband's Mercedes-Benz was taken, Mossa tried to console them.

"I tried to say 'I'm so sorry,'

but she said 'Oh no, you should find it on Al-Jazeera,'" Mossa said.

Despite her fears for her family, Mossa is steady in her strong support of Operation Iraqi Freedom and President Bush, as is her family in Iraq.

"They are happy about the war and happy Bush won (re-election)," she said. "He saved them. He saved their lives."

She recently spoke with her brother-in-law in Iraq, who she said feels the same way.

"He told me (before the election), 'If the American people don't vote for Bush, he can be president of Iraq,'" she said. "(Later) he said, 'They believe it was the Iraqi prayers that made Bush win.'"

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New brigades to beef up immediate intel

By Gary Sheftick
Army News Service

WASHINGTON — The 3rd Infantry Division units of action deploying to Iraq will have unmanned aerial vehicles, the Prophet collection system and more assigned intelligence assets than a typical brigade combat team.

With the transformation to modularity, about 9,000 new military intelligence positions will be created over the next few years Armywide, said Lt. Col. Steve Iwicki, director of the Actionable Intelligence focus area in Department of the Army G2.

He said about 5,000 of those will be with the brigade-sized units of action. Another 3,000 will be at the division or UEx level and the final thousand with UEx or corps.

UEx and UEx are Army designators for transformation units being planned beyond the unit of action level.

Under the objective design built by Task Force Modularity,

each of the new UAs will eventually have about 60 more intelligence analysts than a Force XXI BCT, Iwicki said.

Each will have an organic military intelligence company, a separate analysis and interrogation platoon, a UAV platoon with three or four Shadow 200 unmanned aerial vehicles, and more MI analysts in battalion and brigade-level S2 sections.

"This significant growth is a challenge to resource in the near-term as we simultaneously grow the training base," Iwicki said, adding that the first several transforming units, including those in the 3rd Inf. Div., are manned at lower personnel levels.

"You can't just grow 9,000 overnight," Iwicki said, "particularly NCOs and warrant officers."

Until now, MI companies have normally been in direct support to a deploying brigade combat team, Iwicki said. But UAs will now have assigned MI companies that will both train and fight with the brigade, providing added synergy, he said.

The Prophet system with the

UAs will be mounted on a Humvee and be capable of collecting and processing signal intelligence.

Each of the 3rd Inf. Div. units of action will also have a Distrib-

uted Common Ground System. DCGS beefed-up software will be loaded on a light laptop All-Source Analysis System. It will provide connectivity back to national intelligence agencies,

geo-spacial mapping tools and the ability to exploit captured documents, Iwicki said.

The 101st Airborne Division UAs will also receive tailored DCGS systems whenever they

deploy, Iwicki said, explaining the software they receive will be based on their perceived needs.

"Anything that can save a Soldier's life, should be in their hands," Iwicki said.

In addition to the new systems, the division will also have about 15,000 organic sensors, Iwicki said, pointing out that "every Soldier is a sensor."

Before Soldiers deploy, mobile training teams now educate them on the asymmetric threat in Iraq, as well as the culture, Iwicki said.

"Our Soldiers on the ground are our most brilliant collectors," Iwicki said. "They see, hear and understand their environment. They sense something is different and out of place."

Patrols will be able to drastically cut the time it takes to file an intelligence report when the new hand-held Commander's Digital Assistants are fielded, Iwicki said.

The new Force XXI Battle Command Brigade and Below CDAs are part of the Land Warrior system, but 75 of them are scheduled to be fielded in Iraq first of the year.



ANS/Smith

A Soldier with the Army's 101st MI Battalion pushes a Shadow 200 unmanned aerial vehicle in preparation for launch on a mission over Iraq from Forward Operating Base Warhorse near Baqubah, Iraq, on Sept. 22, 2004.

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Lee: Shrapnel wound changed view on life

By Aaron J. Orr
82nd Medical Company

IRAQ - Spc. Greg Lee, a UH-60 Black Hawk mechanic with the 82nd Medical Company (AA) had finished his daily workout in the gym the night of May 28.

He was back in his tent and stood up to get some water. As he was drinking it, an enemy explosive detonated about 30 feet outside the tent. The detonation embedded a hot piece of shrapnel and small piece of tent canvas in his left forearm.

The tent Lee and several other Soldiers lived in was somewhat protected by a five-foot wall of sandbags stacked all around it. The wall absorbed much of the impact and shrapnel, minimizing Lee's injury and protecting the other Soldiers from receiving any injuries.

The shrapnel that struck Lee in the underside of his forearm about midway between his wrist and elbow is about one-and-a-half inches long and one-tenth of an inch wide. It's still lodged inside his arm.

"I didn't realize I got hit at first. Then I kind of looked at my arm and ... there was a hole in it. I was like, 'I'm hit! I'm hit! Then I just ... got confused after that. I couldn't feel the pain. I didn't know if I was hit anywhere else,' He said.

Lee ran out of the tent but returned a moment later to get his Kevlar helmet and flak vest. As he reached down to pick up his Kevlar, Lee said he remembers thinking "Aw, [expletive deleted]. I've already been hit," so left the tent and ran to the fortified hangar (Haas).

Lee's memories are jumbled, but "I know I was scared," he said. When the realization of what had happened first hit him, Lee said, "I looked and seen the blood and everything, and all of a sudden ... I started thinking of my family and everything else.

"I was thinking was I a good father to my kids? Was I the best husband I could've been? How are they going to feel about me and stuff like that," Lee recalled.

Lee was taken to the 31st Combat Support Hospital at Logistical Support Area Anaconda, where medical professionals flushed and treated the dime-sized hole in his arm and then elevated his arm to minimize swelling and bruising caused by internal bleeding.

Two days later Lee was flown to Landstuhl, Germany, where he



Spc. Greg Lee inspects one of the engines on a Black Hawk helicopter. Lee is a UH-60 mechanic who was recently awarded the Purple Heart for injuries sustained while serving in Iraq.

spent two weeks in another military hospital. On the flight from Iraq to Germany Lee slept because of the morphine he'd been given. When he awoke after four hours, his arm was not elevated and it had turned blue all the way to his hand.

In a recognizable Tennessee accent, Lee drawled, "It was blue from the blood 'cause I was still bleedin' pretty bad." The arm remained black and blue for nearly two weeks, but Lee said he was grateful medical personnel had realized he was bleeding inside the arm.

"If they'd left it like that for about another four or five hours, I might have lost my arm," he said. "It don't look that big, but it did that much damage."

Lee is a big man who loves to work out and lift weights, but for a week the wound's pain kept him from moving his left hand or extending his fingers from a half-curved position. Anytime he moved the hand or arm, the shrapnel chafed and tore the muscles of his forearm.

He had to start out light, but worked at strengthening his arm doing his own therapy.

Lee can sometimes feel the piece of shrapnel that reminds him of his experience. Though he

has regained full use of his hand and arm, he feels some pain if he bumps the arm hard or if it gets squeezed.

The shrapnel has not been removed from his arm because it was so deeply embedded in the bone that doctors were afraid they would do permanent nerve damage attempting to remove it.

His arm is x-rayed every three months, and doctors tell him the inch-and-a-half piece of metal is working itself loose from his radius bone.

"The shrapnel actually moves with my muscle, and they said they think it might work itself up to the top. If it does, they can cut into me and take it out," Lee said in the same nonchalant way most people would talk about what they ate for breakfast.

Lee smiles when he talks about his injury, but the smile is accompanied by a matter-of-fact tone of voice that tells the listener something about what the Soldier experienced.

"I take life a lot more serious now than I used to. You only live once. That's the way I look at it," Lee said.

Lee is the 26-year-old father of a 2-year-old daughter and an 8-

year-old stepson. They and his wife form a new direction in Lee's life.

"I [still] joke around but ... when I'm at home you know, I'm a father. I want my kids to know that. I might not be there tomorrow. I might not be there the next day. I want them to have a total good outlook as far as their dad," he said.

"As far as life goes, I used to just let life pass by and I wasn't real serious about anything," but that has changed, Lee said. "When I set a goal to do something, I try to get it done. I don't put it off till tomorrow."

Faith also seems to be playing a bigger role in Lee's life since the injury occurred.

"I believe God might have changed me. He tries to get you to see stuff. If you can't see it this way or that way, maybe He'll do it (another) way to make you see. I think (getting injured) changed my marriage," Lee chuckled. "It's kind of crazy, but I think it did."

Lee said his relationship with his whole family has improved.

"I've never been so close with my wife, my kids. I'm just glad I got to see my kids. If something happens again to me out here, I

settled things back at home. Things are a lot better," he said.

"My stepson thinks I'm a hero. I am his dad," Lee said.

When he realized the change in his relationship with his stepson, Lee said he thought, "Wow, I've had a positive influence on somebody for the first time in my life."

Although Lee talks positively about being wounded, he has experienced some difficulty coping with being in Iraq now that he's back.

"When I first got [back to Iraq] I had a hard time," Lee said. "I didn't really talk to people about it, but I really had a hard time. I would always stay in the Haas as much as I could. The only time I went to the tent was to sleep. I could hardly go to the gym. I always wanted to stay under cover."

Lee is proud of the Purple Heart he was awarded but feels somewhat undeserving at the same time.

"It makes me feel good," he said, even though he admits to sometimes wondering why he deserved the award over somebody else. "Anybody here can get hit with a piece of shrapnel," Lee said.

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Pfc. John Gutierrez administers a flu vaccination to James Jarvis.

Irwin receives more flu shots

Irwin Army Community Hospital recently received an additional, limited amount of flu vaccine which will be given to patients on an appointment basis.

Patients in one of the following categories, may receive a flu vaccine:

- Children ages 6-23 months
 - Adults ages 65 or older
 - Patients ages 2-64 years who have chronic medical conditions placing them at risk for infection (such as asthma, diabetes, chronic lung disease)
 - Pregnant women
 - Nursing home or long-term care facility residents
 - Children ages 6 months to 18 years old who require chronic aspirin therapy
 - People who have close contacts with children less than 6 months old
- Appointment times and dates are 8 to 11:30 a.m. and 1 to 4 p.m. Nov. 29-30 and Dec. 6-7 at Primary Care Clinic No. 3.
- Call 239-DOCS (3627) for an appointment.



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Fort Riley Community Life

Friday, December 3, 2004

America's Warfighting Center

Page 11

Community news briefly

Rally Point sets activities

Dec. 5 - NFL games on TV
Dec. 12 - 7 p.m., WVE
Pay-Per-View - Armageddon on TV

Dec. 31 and Jan. 1 - 8 p.m. to 2 a.m., New Year's Eve Bash. Sip a toast to Auld Lang Syne with friends at Rally Point. Celebrate in style with champagne and party favors for only \$5 per person.

Advanced table reservations are available for an additional \$10. You can also buy your tickets early at Rally Point.

For more information or to reserve a table, call Rally Point at 784-5434.

PX asks people to decorate tree

The Fort Riley Main Post Exchange invites everyone on the installation to stop by the PX to place a note on its Patriot Tree. Each Army and Air Force Exchange Service Main Store is putting up a special Holiday tree where customers and associates can display messages and photos showing their support for deployed members of the military family.

"The Patriot Family Holiday Tree symbolizes our unified military family, the Patriot Family - the customers AAFES serves and the associates who proudly serve them," said Marilyn Iverson, AAFES chief operating officer.

Special tree cards will be available for customers to fill out with their special message or photo.

Stories focus on holiday

"Saturday Storytime" at the Post Library will celebrate the holiday season with stories and crafts for Christmas and Kwanzaa. Storytimes begin at 1:30 p.m. All children are welcome and there is no charge. Parents must accompany children under 10.

"Bear Stays Up" will be the story on Dec. 4. "Bear Stays Up" is the tale of a sleepy bear who wants to celebrate Christmas with his woodland friends. Every year he falls asleep before Christmas, but this year his friends have a plan to keep him awake for the party. Children can decorate a Christmas candy cup for table decoration.

The Post Library, Building 5306 on Hood Drive, will be closed Dec. 25 and Jan. 1.

For more information, call Victoria Martin at 239-9582.

Team building classes offered

Four Army Family Team Building classes will be offered at the Armed Services YMCA, 111 E. 16th St. in Junction City, Dec. 3. Classes are titled "Family and Military Expectations," "Impact of the Mission of the Family Life," "Basic Problem Solving" and "Supporting Your Child's Education."

Classes are taught from 11 a.m. to 2 p.m. and free childcare is available for those who pre-register.

For more information or to register for a class, call 239-1347 or 239-9435.

Stay In Step with Fort Riley

See what's happening on Fort Riley cable Channel 2 every day at 6:30 a.m., 8 a.m., noon, 6 p.m. and 10 p.m.

DoD continues Boy Scout support

Partial settlement in ACLU lawsuit keeps 'official' sponsorship restriction

Army News Service

WASHINGTON — The partial settlement Nov. 15 of an American Civil Liberties Union lawsuit against Department of Defense allows the military to continue supporting the Boy Scouts of

America, as long as commands don't officially sponsor Scout units.

The ACLU lawsuit, filed in 1999, alleges that the Boy Scouts religiously discriminate because the Scout Oath requires youth swear to do their duty to God and country.

The partial settlement requires Pentagon leadership to issue a letter reminding commands of its policy: DoD and its personnel can't sponsor non-federal organizations while in their official capacity.

The ACLU also points out the Pentagon donates about \$2 mil-

lion to the Boy Scouts for their quadrennial national Jamboree, which will be July 25 through Aug. 3 at Fort A.P. Hill this year.

The national Boy Scout Jamboree takes place at Fort A.P. Hill's 76,000-acre installation, which has served as the site since 1981. The Boy Scouts use

about 3,000 acres of land to house the some 40,000 Scouts and leaders who attend the event.

Engineers construct support facilities and Signal Soldiers establish communication nodes. Most support of the jamboree is

See Scouts, Page 13

Santa shopping

Post 'elves' spend \$5,000 for Christmas

By Cassidy Hill

Community Relations

Santa's elves had their shopping carts full of toys as they lined up to check out at a superstore in Manhattan.

More than a dozen elves, outfitted in matching green shirts and red ball caps, strolled through the store's aisles picking up toys for less fortunate children during the toy buy Nov. 30. The toy buy is part of the post's Operation Santa Claus program that helps needy families during the holidays.

The elves shopped for newborns to children 14 years of age. They and three Junction City High School students filled 24 shopping carts with Barbie Dolls, board games, jewelry boxes, skateboards, stuffed animals, remote control cars, footballs, Care Bears, beauty products and action figures, among other gifts.

It took Santa's helpers less than an hour to fill their shopping carts and spend more than \$5,000.

The students are part of a program called Take A Second, Make A Difference, which is a club designed to connect children, teens and teachers to their communities.

Lyn Green, a Junction City High School teacher who also helped with the toy buy, said the students were selected by their peers to be in the club. She said the club is made up of the school's most influential leaders.

Green and Roxanne Whaley, an accounting teacher at Junction City High School, started the TASMAD program two years ago.

Junction City High School sophomore Kirt Nichols said he helped shop for two age categories, the 3- to 5-year-old girls and the 12- to 14-year-old girls and boys. He said shopping for the older age group was more difficult because it was the group that was closest to his age.

"For the 3- to 5-year-old girls, we bought some Barbie Dolls and some little games like Candy Land," Nichols said. "For the older group, we bought items like

See Santa, Page 13



Operation Santa Claus Noncommissioned Officer in Charge Staff Sgt. Marcos Felan adjusts toys in a shopping cart as Pfc Richard Cook, left, volunteers Lyn Green (center) and Amanda Cook, discuss their purchases.

Housing utility bills part of study

Residents might face payments for high use

Army News Service

WASHINGTON — Despite what an official calling confusing news reports, Army families in privatized housing at several Army posts will not be responsible for utility bills until at least the spring of 2006.

Even then, only those families using excessive amounts of utility services will face paying something for doing that. Families who use lower amounts of utilities than normal could even receive a monetary rebate.

Technicians began reading utility meters last month for new and remodeled privatized housing at some installations, said Ivan Bolden, Residential Communities Initiative Program Manager for Policy. Under RCI, about 40,000 family housing units at 15 installations have been turned over to private developers.

Installations participating in the mock utility billing program include Fort Carson, Colo.; Fort Hood, Texas; Fort Meade, Md.; Fort Bragg, N.C.; Fort Stewart, Ga., and Fort Campbell, Ky.

Bolden said the meters are being installed to collect data to determine a monthly allocation for utilities that will be supported by Soldiers' basic allowance for housing rental payments.

The data will be reviewed in March 2005, Bolden said, and then a "mock utility billing" program will begin sometime thereafter.

The mock billing period will accomplish several things. First, it

See Bills, Page 12

Thrift Shop donates \$2,000 to organizations

Staff plans new ways to attract patrons

By Mike Heronemus
Editor

About \$2,000 in Thrift Shop profits recently went to three local organizations that can use the money to help Fort Riley Soldiers and family members.

The Thrift Shop gave about \$1,000 to Operation Santa Claus and other contributions to the Central Kansas Military Community Foundation and Ogden Youth Center, said Tracey Sosa, store manager.

The Thrift Shop is an authorized unofficial non-profit organization at Fort Riley and, as such, must divest itself of any profits

earned during the year.

Operation Santa Claus provides toys to needy military and civilian families in the area.

The CKMCF provides grants to Soldiers and families needing financial assistance.

The Ogden Youth Center offers community programs for city and area residents, some of whom are military families.

This year's contribution to community organizations is less than what the Thrift Shop can normally offer, Sosa said. She estimated past years' sales have resulted in as much as \$5,000 being contributed to community organizations.

Several factors contributed to the smaller profit, she said. One was Soldier deployments that resulted in family members who make up the bulk of consignors leaving the post.

Another was a change in the entire store staff that required a period of transition to smooth out store operations, she said.

Also contributing to diminished sales was a month-long renovation of the store that improved the store's display space and appearance, Sosa said.

The Thrift Shop staff is trying some new ways to attract shoppers to the store, Sosa said. One

See Shop, Page 12



Manhattan resident Jean Heffel browses through the post Thrift Shop's holiday section Nov. 30.





ESC Photo

Winners for the best store-bought hat pose wearing their entries. (From left) Dawn Browne took third place, Judi Shook and Gina Bowman took second place and Jessica Gamez took first place.

Enlisted spouses go crazy

Staff report

A growing membership of enlisted spouses paraded their crazy hats during the Enlisted Spouses' Club's third annual Crazy Hat Night Nov. 20 at Rally Point.

Members of the Officers' and Civilians' Spouses' Club were invited to attend.

ESC President Sherri Miller said the club's goal of reaching 100 members is much closer to reality, saying current membership is about half that number.

Upcoming activities include gift wrapping for Operation Santa Claus from 6 to p.m. Dec. and the club's annual holiday party Dec. 10. The party will feature a potluck dinner at 6 p.m. at member's home and a \$10 snowman exchange.

The club is planning an evening of free bowling for members from 6:30 to 8:30 p.m. Jan. 26 at Custer Hill Bowling Center.

Anyone who would like to join the club or who would like more information should call Miller at 770-9219 or send e-mail to escpresident@hotmail.com.



ESC Photo

Winners for the best homemade hat show off their creations. (From left) Mary Bonneau took third place, Erica Bennet took second place and Christine Cochran won first place.

Community news briefly

Parent groups plan holiday

The Exceptional Family Member Program and New Parent Support Program will host their annual holiday celebration from 6 to 9 p.m. Dec. 7 at Riley's Conference Center. Santa Claus will visit just in time to hear each child's Christmas list.

The event offers a time for families to meet one another and to socialize while giving the children time to play with one another and to make crafts.

All military families enrolled in either the EFMP and NPSP programs are invited to attend. Families must call 239-9435 by Nov. 29 to R.S.V.P. to the Exceptional Family Member Program or New Parent Support Program representative.

Injured Soldiers group to meet

The Wounded Soldiers support group will meet for the first time at 5:30 p.m. Dec. 7 in St. Mary's Chapel on Barry Avenue on Main Post. The group will meet the first Tuesday of every month once it is organized.

The group is being organized to provide support for all single and married wounded Soldiers and their families. For more information, call 239-7872 or 239-3436.

BOSS sets activities

Dec. 4 - 8 a.m., free Christmas shopping trip to Kansas City
For more information, call 239-8147.

ST. THOMAS MORE CHURCH
2 x 4"
Black Only
2X4 St. Thomas 12/1

SET
2 x 5.5"
Black Only
2X5 5CARMIKE12/3DECTF03546162J

Shop

continued from page 11

was a 25 percent off sale for military shoppers on Veterans Day. Another will be Santa's Children Day at the shop from 10 a.m. to 1 p.m. Dec. 4.

Santa will be telling stories and children will get to pick a free book for themselves, Sosa said. The shop also will provide milk and cookies as refreshments for shoppers that day.

Family Readiness Groups also are being invited to set up booths at the shop from 10 a.m. to 1 p.m. during future Saturday shopping days, Sosa said. "They can use whatever money they make for their group projects," she said.

Bills

continued from page 1

will help residents track their usage and consumption patterns; second, residents will receive monthly tips on how to conserve; and third, they will be offered training to learn to be more energy efficient, Bolden said.

The mock billing program is scheduled to last a year, Bolden said. After this period, he said the Army would make any adjustments needed and then begin the phase where Soldiers would be responsible for excessive use.

Even after billing begins, good conservation will mean that most families will not be required to send in payments, Bolden said.

What is your organization doing?
Call the editor at 239-8854 to ask for coverage or announcements of upcoming events.

KANSAS PRESS
2 x 2"
Black Only
Vixen/Goldberg/11-30,12-1&12-3

TYME OUT LOUNGE
2 x 2"
Black Only
2X2 TYME OUT PARTY RM 03545141

CANDLEWOOD HEALTH MART PHARMAC
2 x 2"
Black Only
2X2-12/3CANDLEWOOD03546133JT

BOX N SHIP
3 x 3"
Black Only
3X3BOXNSHIP03545484

NEW LINE CINEMA-AFC
3 x 10.5"
Black Only
#518280/Blade Trinity





Community news briefly

Commissary sets hours

Dec. 20 – Open Monday normal hours
Dec. 24 – Open 7 a.m. to 4 p.m.
Dec. 25 – Closed for the holiday
Dec. 26 – Open normal hours
Jan. 1 – Closed for the holiday

Crafts center slates classes

Dec. 6 – 7 p.m., crochet, knitting, cross stitch
Dec. 6 – 6:30 to 8:30 p.m., wood safety
Dec. 7 – 6:30 to 8:30 p.m., mold pouring
Dec. 11 and 12 – 2 to 4 p.m., intro to black and white photography
For more information, call the Arts and Crafts Center at 239-9205.

Teen Center slates activities

Dec. 4 – 8 p.m. to midnight, basketball
Dec. 10 – 8 to 10:30 p.m., middle school dance
Dec. 11 – 9 to 11:30 p.m., high school dance
For more information, call the Teen Center at 239-9222.

Youth Services sets activities

Dec. 3 – 4 to 5 p.m., Parent Advisory Council meeting
Dec. 4 – 10 a.m. to 1 p.m., free child care for deployed Soldier's kids
For more information, call 239-9173

Family center slates events

Dec. 8 – 9:30 a.m., Community Advisory Council meeting at Riley's Conference Center
For more information, call the Soldier and Family Support Center at 239-9435.

Hospital staff offers classes

Irwin Army Community Hospital's Nutrition Care Division staff offers classes in family member weight control, active duty weight control, health heart (low fat/cholesterol, low sodium), prenatal nutrition, diabetes education and breastfeeding.

For more information or to sign up for one of the classes, call TRICARE at 239-3627 or the Nutrition Care Division at 239-7644.

The Preventive Medicine Division offers child health assessments (well-child screening for on-post child care), a self-care program to help participants recognize common minor illness and implement appropriate treatment options and tobacco cessation.

For the self-care class, call TRICARE at 7239-3627. For all other classes and inspections, call the Preventive Medicine Division at 239-7323.

The Shoppe sells gift items

The Shoppe sells unique gift items in its location in the U.S. Cavalry Museum, Building 205.

The Shoppe receives new gift items weekly for its stock of handcrafted items, unique farewell gifts, pottery, deployment candles, military items, and much more.

The Shoppe's hours are 10 a.m. to 2 p.m. Tuesday through Friday and 11 a.m. to 3 p.m. Saturday.

For more information, call 239-2743.

*Post/Skidmore*

Manhattan superstore checker Peggy Scott runs a doll though the register Nov. 30. It was one of the hundreds of toys purchased during the first buy of the season for Operation Santa Claus. The group of Soldier elves and volunteers spent about \$5,000 on toys for needy children on and around Fort Riley.

Santa

continued from page 11

make-up, combs, hairbrushes, basketballs, footballs and soccer balls."

Nichols said he really enjoyed helping with the Operation Santa Claus toy buy and is looking forward to helping with the program next year.

Staff Sgt. William Sears of the 568th CSE (Combat Support Equipment) Engineer Company, said the toy buy went smoothly.

"We spent a lot of money today

on toys," said Sears, an elf with Operation Santa Claus. "We are going to help a lot of families this holiday season."

The elves plan on collecting monetary donations at the Post Exchange and at the Commissary from 11 a.m. to 7 p.m. Dec. 1-4 and Dec. 16-18.

Money that is collected will be donated to the Operation Santa Claus fund so that the elves can purchase more toys and supplies.

Scouts

continued from page 11

training that helps Soldiers when they deploy to combat zones, an Army spokesman said.

"The Boy Scout Jamboree will still go on as scheduled at Fort A.P. Hill," said Defense Department spokesman Lt. Col. Joe Richard. "We are still fully supporting the Boy Scouts. But, we are reminding base commanders and post officials they can't sponsor non-federal organizations in their official capacity. It's not a new policy, but we are reminding people."

A Pentagon news release states: "The settlement does not

prohibit the Defense Department from supporting the Boy Scouts of America. Boy Scout units are permitted to meet on military bases and military personnel are allowed to remain active in Boy Scout programs.

Under the very limited settlement, applying the existing policy, the Defense Department may not officially sponsor Boy Scout units and personnel may not sponsor Boy Scout units in an official capacity. [This policy] prohibits official sponsorship to all private organizations, not just the Boy Scouts."

The ACLU said the Boy Scouts' policy violates the religious freedoms of those who don't wish to swear to a religious oath. And, the government's relationship with the Boy Scouts directly links it with the Boy Scouts' discrimination.

The full lawsuit is pending and is in the hands of U.S. District Court Judge Blanche Manning. The ACLU claims the Pentagon and Housing and Urban Development Department violated the First Amendment's establishment clause by spending appropriated funds to support the Boy Scouts.

KNOCKOUT EVENTS

3 x 7"

Black Only

2X7 Knockout 03546186 12/3

BRIGGS

3 x 10.5"

FULL COLOR-SUPER 12/3

SCREEN MACHINE

2 x 2"

Black Only

2X2SCREENM12/3DECTP03546155JT

THE PATHFINDER

2 x 4"

Black Only

2X4 PATHFINDER 11/21

KANSAS PRESS

2 x 4"

Black Only

KS W11111/11-30, 12-1 & 12-3



Community news briefly

Program offers scholarships

Applications for the 2005 Scholarships for Military Children program are available at all 273 commissaries worldwide or online at www.militaryscholar.org.

A link to the application is available on www.commissaries.com, the Web site for the Defense Commissary Agency.

The scholarship program is open to unmarried children under the age of 21 (23 if enrolled in school) of military retirees, active duty and Guard and Reserve servicemembers. Eligibility and additional information is available at the program Web site.

Applications for the \$1,500 scholarships are due at a commissary by close of business Feb. 16. At least one scholarship will be awarded at every commissary location with qualified applicants.

Administered by Fisher House Foundation and funded by the manufacturers and industry, the program has awarded more than \$3 million for nearly 2,000 scholarships.

COTTONWOOD THEATERS

1 x 3"

Black Only

1x3 Cottonwood Dec TF 12/1

CHARTER COMMUNICATIONS

3 x 11"

Black Only

3x11charter03545318

USPS offers free packing materials

By Donna Miles
AFPS

WASHINGTON — With so many military families scrambling to ship holiday care packages to their loved ones deployed around the world, the U.S. Postal Service is stepping in to make things a bit easier.

It's offering a package of free packing materials, including 10 boxes, 10 customs forms with envelopes, 10 "Mili-Pac" shipping envelopes specially printed to reflect the complexities of military mailing addresses, and a roll of Priority Mail tape.

Postal Service spokeswoman Sue Brennan said USPS started the service Oct. 25 as an extension

of an offer the Postal Service provides all mailers. By calling a toll-free number, anyone can request free shipping materials.

Brennan said the Postal Service was getting deluged with requests from military families — about 1,000 calls a day since late September. In response, it came up with a special kit of the most-

popular items ordered to send care



packages to the troops, she said.

To order the special kit, call

(800) 873-4874 and request Care Kit 4. Brennan said the Postal Service will ship it by Priority Mail with delivery generally within a couple of days.

Although the packing materials are free, shippers must still pay normal postage costs, Brennan said.

The U.S. Postal Service and Military Postal Service work hand in hand to support troops deployed to Iraq and Afghanistan.

Brennan said mail centers in New York, San Francisco and Miami have processed more than 100 million pounds of mail for deployed troops since early 2003.

At its high point, mail volume to the Persian Gulf region reached 400,000 pounds a day, she said.

Since the beginning of Operation Iraqi Freedom, more than 650 dedicated contract flights have carried mail to the region, and the Postal Service continues to send a 747-series freighter of military mail to Southwest Asia every day, Brennan said.

The number of contract flights carrying mail to the region more than doubled in mid-November, Brennan said, and is expected to remain at that level through late December.

FAITH FURNITURE

3 x 6"

Black Only

3X6 FAITH FURN. 12/3

KANSAS PRESS

2 x 2"

Black Only

Vicoo/Wal/11-30, 12-1 & 12-3

KANSAS PRESS

2 x 2"

Black Only

Schneider/11-30, 12-1 & 12-3

USADISCOUNTERS

3 x 10.5"

BLUR/3x10.5/December 2004



Fort Riley Sports & Recreation

Friday, December 3, 2004

America's Warfighting Center

Page 15

Sports news in brief

Sports staff plans tourney

The 2004 Fort Riley Post Wrestling Tournament will be Jan. 10-12 at King Field House. Competition starts at 6 p.m. nightly. A battalion may organize one men's team and one women's team, each consisting of 10 wrestlers.

For more information, call Barry Sunstrom at 239-3945.

Winter golf classes offered

Custer Hill Golf Course will sponsor winter strengthening classes for golfers who are interested. For information, call 239-2544 and leave a message.

November hours for the course will be 8:30 a.m. to 5:30 p.m. Tuesdays through Sundays and noon to 5:30 p.m. Mondays.

Lifeguard training set

Lifeguard training will be offered from 9 a.m. to 4 p.m. Dec. 27-30 at Eyster Pool. Participants must be at least 15 years old and able to pass a swimming test.

Fee for the training is \$65 and a lifeguard training book and CPR mask needed for the training can be bought at the Manhattan American Red Cross office.

For more information, call the Fort Riley Sports Office at 239-2148.

Gymnastics classes offered

Gymnastics classes will be held at the Teen Center, Building 5800, Tuesdays through Thursdays after school for children 3 to 15 years old.

Cost is \$30 per month for regular gymnastics classes and \$40 per month for the Exhibition Team. Prices will be discounted by \$5 for payments made in person at the central registration office by the first of the month.

Tuesday classes will be from 4:30 to 5:30 p.m. for children 5 to 7 years old, from 5:30 to 6:30 p.m. for children 7 to 9 years old and from 6:30 to 7:30 p.m. for children 10 to 15 years old.

Wednesday classes will be from 4:30 to 5:30 p.m. for children 3 to 5 years old, from 5:30 to 6:30 p.m. for children 4 to 6 years old and from 6:30 to 7:30 p.m. for children 6-8 years old.

Thursday classes will be from 5 to 6 p.m. for children 3 to 5 years old and from 6 to 7:30 p.m. for the Exhibition Team.

Enrollment for gymnastics will be in the central enrollment office in Building 6620 from 1 to 5 p.m. through Sept. 3.

Children must be registered with Child and Youth Services and must have a sports physical less than one year old at the time of registration. A school health assessment which states "cleared for all instructional/SKIES activities" will be considered the same as a sports physical.

CYS registrations and re-registrations are by appointment only. CYS registration cost is \$18 per child or \$40 for a family.

For more information and appointments, call 239-4847 or 239-9478.

Laser games



Post/Blackmon

Army Reserve Spc. Carl Hughes, who helps out at Fort Riley's Outdoor Recreation Center, demonstrates the center's laser shooting simulation system.

Machine lights up hunting challenges

By April Blackmon
Staff writer

Rookie and experienced hunters who need extra target practice or who do not feel like waiting hours in the freezing cold for a shot they know they won't miss have an indoor place to hunt and play.

Fort Riley's Outdoor Recreation Center offers a laser shot shooting simulation system.

The system offers a variety of hunting and shooting scenarios at different levels of difficulty.

Animal scenes range from prairie dogs and pheasant to deer and bear. The system also offers options that allow hunters to learn where it is best to hit animals when shooting them as well as more about animals' anatomies.

"It shows you where the kill zone is and tells you when there's no shot. It's very educational, and it's very entertaining. Plus, it teaches you the basics if you don't have them. It teaches you a lot through the different programs available," said U.S.

Army Reserve Spc. Carl Hughes, who helps out at the Outdoor Recreation Center. Animals aren't the only things to shoot at. Marksmanship drills, target practice and trap shooting are available as well. All the available scenarios are very helpful, said Carol Alexander, Outdoor Recreation Center manager.

"I think it's quite helpful," she said. "To me, this is like getting basic skills and then they can go out to the clay range to do live fire so they feel the kick of the shotgun."

Other pluses of the system include cost savings and environmental benefits, Hughes said.

"It's cheaper and better for the environment, plus it's better for the wear and tear of a weapon. There's no ammunition involved and it's a controlled environment," she said.

The controlled environment is a good way to teach safety to inexperienced hunters, Alexander said. The system is used in hunter education classes on post.

"This is a good start to help them get the feel of the gun, aiming the gun before they get out there with the real ammo. That's

why we use this in hunter education, to see where the kids are as far as their skills for hunting."

"A lot of times, parents don't have the time to work with them to make sure they're using the gun the way they should be," she said. "I think it's good for the kids to get the basics of handling a rifle and the safety issues with the rifle."

But the system is not just for young, inexperienced hunters, Alexander said.

"For adults, it can help better their aim at their target," she said. "Because, like with the deer, (the target is) moving. It helps them steady themselves when they're shooting a gun so that when they actually get out there with actual ammo, they're more secure in what they can do."

Individuals and groups are welcome to use the system, Alexander said.

"It would be good for groups like the Boy Scouts. And we will make a reasonable price for groups to come in and learn off this," she said. "We need to put it to use than have it sit here idle."

See Laser, Page 16

Hunting seasons observed on post

The following seasons (with bag and permit limits) are open on post:

Firearms deer (some 500 permits awarded) - Dec. 19-23; Dec. 27-30

Archery deer (unlimited permits available) - Dec. 13-31

Turkey (four permits per hunter) - Dec. 13-30

Elk (22 permits awarded) - through Dec. 31

Prairie chickens (bag limit 2) - through Jan. 31

Ring-necked pheasant (bag limit 4) - through Jan. 31

Bobwhite quail (bag limit 8) - through Jan. 31

Squirrel (bag limit 5) - through Feb. 28

Rabbit (bag limit 10) - year-round

All hunters must have hunter's education certification before hunting on post.

Fort Riley permits as well as hunter safety course information are available at the Outdoor Recreation Center, Building 9011, Rifle Range Road.

Kansas hunting licenses are available at local sporting goods retailers, convenience stores, Kansas Department of Wildlife and Parks offices and from KDWP on the Web at www.kdwp.state.ks.us.

The areas on Fort Riley that are open for outdoor recreation are normally updated each Thursday and Monday.

Open areas are posted on the Open Areas Hotline, 239-6669, and during principal hunting seasons at each of the nine self-ser-

vice hunter check stations on post.

All firearms brought on post must be registered. All hunters except firearms deer hunters must physically sign in and out at any hunter check station on post each day they hunt.

Certain hunters must wear 200 square inches of blaze orange on their chest and back and a blaze orange cap while they are hunting on post.

For more information about hunting on post, call the Conservation Division at 239-6211 or visit www.riley.army.mil on the Web. Scroll to "Recreation." When the pop-up menu appears, scroll down to "Outdoor Recreation" and click on "Hunting."

Keeping fit

Everyone can improve health ... step by step

By Kevin Stuart
Soldier Medic



Kevin Stuart

This exercise needs no gym; it is the prescription without medicine, the weight control without diet.

Some have called it a tranquilizer without a pill, the therapy without a doctor, the fountain of youth that is no legend.

Lastly, it's the vacation with no cost.

What is it?

If you said, "walking," you are absolutely right.

Have you taken a walk lately? If so, how far did you go, and how did you feel afterward?

If not, what are you waiting for? Do you know some of the benefits of fitness walking?

I was asked the same questions a few years ago but ever since taking my first stroll it's been great a ride.

Walking is a great way to keep in shape and causes very few injuries.

There are many benefits and advantages to fitness walking.

While some of us can swim like a fish, run like a wolf and hop like rabbits, others' anatomies say they were made to walk.

Walking is one of the best health remedies for adding more productive years to your life. Medical studies have shown that it's also a great way to develop cardio-respiratory fitness.

Following a moderate exercise program like walking is as important as quitting smoking or reducing cho-

Stewart leads 'Cats to win

Staff Report

Clent Stewart scored a career-high 15 points and Kansas State used stifling defense for a 76-42 victory over Arkansas-Pine Bluff on Nov. 29.

Stewart was 5-for-5 on 3-pointers, including back-to-back 3s with 7:31 to go in the first half to give K-State a 22-6 lead.

"I think when we look at Clent Stewart, we look at him as a player that has a real good feel for the game of basketball. We played against a lot of zone tonight so it was good to see him get in the flow of that kind of perimeter shooting," said K-State Head Coach Jim Woodriddle.

"By adding that to his game tonight, if you look at everything else that he does, he's our primary ball handler, he's a good defender, he's a help recovery guy. He does a lot of things that help our team function, then you throw in the shooting tonight and it just adds to his overall game. I think it helps his confidence as well, which is always a good thing for a player," Woodriddle said.

"I was really happy to see somebody put it in the hole, especially since we've been struggling. Clent came out and hit some big shots for us and helped us get the win. It's very important, because now (other teams) see they can't just play zone the whole game," said senior Jeremiah Massey.

The Wildcats (4-0) held Pine Bluff to just 15 percent shooting in the first half to lead 32-10 at halftime. The Golden Lions had scoreless droughts of 4:22 and 5:41 before going the final 6:19 without a basket.

The 10 first-half points set a Bramlage Coliseum record for fewest in a half, breaking the previous record of 13 by Texas A&M in 2002.

"Kansas State played real well defensively from the beginning," said Arkansas-Pine Bluff Head Coach Van Holt. "We didn't shoot the ball very well and they had a hand in our face every time we looked around. We had open looks that we would normally make. I think the difference in game was the first half when we shot 14 percent from the field," said Holt.

K-State built its lead to 70-31 before Woodriddle emptied his bench with 3:14 to go.

"It's always nice when you can play the whole team. We have some guys that practice hard, and it's always good to get them out there," said Woodriddle.

"We've played four games in eight days and I think we looked a little tired at times. It's good that we were able to play as many people as we did and get some other people off the floor as much as we did. I think we got something out of it."

lesterol if you want to avoid heart disease and cancer.

Additionally, studies have shown that regular walking can help reduce the need for medication by fighting problems associated with arthritis and diabetes. It lowers blood pressure, helps alleviate low back pain, and improves mood and mental performance.

Moreover, regular walking can help you reduce stress and pain, burn

See Walking, Page 16



Laser

continued from page 15

The system has been around for a few years but has not been a hit with the local community. "It sat for awhile because it was way overpriced. People were told it was \$15 for a half hour. But you're not going to get takers for \$15. It sat here all winter with no one using it the first year I got here," Alexander said. "That's why we dropped the price to \$5 an hour."

A one-hour class on using the system is offered on Saturdays for \$5. The system is available for use during the Outdoor Recreation Center's normal business hours, from 9 a.m. to 5 p.m. Tuesdays through Fridays and 8 a.m. to 4 p.m. Saturdays. The center is closed on Sundays and Mondays.

"Somebody who wants to come in and be walked through this can. If they don't know how to use it, the class lets us walk them through and answer any questions they have," Alexander said.

Laser prey

What simulated animals can be hunted?

Antelope
Bear
Deer
Elk
Pheasant
Prairie dog
Turkey

Laser lessons

What else does the laser system offer?

Ethical decision making scenes
Hunter education
Marksmanship drills
Target drills
Trap shooting



PRAIRIE HAWK CYCLE & LEATHER,
1 x 1.5"
Black Only
1X1.5 DEC '04 TF

MANHATTAN REGIONAL AIR-PORT
1 x 2"
Black Only
COMM AIR SERVICE GRANT

FIRST PRESBYTERIAN CHURCH
1 x 2.5"
Black Only
1X2.5 1ST PRESBY CHURCH AD

AIR-O-CLEAN
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Walking

continued from page 15

away excess weight and improve strength and self-confidence.

Nothing, of course, is a cure-all; but walking has a special place in the world of preventive health because it is the most natural of all human physical activities.

Walking can be done anytime, anywhere, in different places, alone or with different people. Your schedule will determine when you can accommodate walking. However, here are a few suggestions on when to walk:

- Get up 30 to 60 minutes early to walk in the morning.
- Walk at lunch.
- Walk during breaks.
- Walk after work.
- Walk after dinner.
- Walk before bedtime.

Try integrating walking into your lifestyle. Make it part of your daily routine, like brushing your teeth, making your bed or taking a shower.

Please remember this important principle: regularity. It's the cornerstone of a successful fitness walking program. While walking anytime is good, all the benefits mentioned in this article will not begin to kick in unless you walk at least three times a week. Walking five or six times a week is even better.

Do not despair if you miss a day every now and then. Just say, "It's a day off."

Before beginning any new exercise program, it's a good idea to get a medical checkup. Consult with medical personnel if you have not been physically active lately or suffer from any chronic health issues.

Take advantage of beautiful weather by getting out of your barracks or house and start walking for fun and fitness. This investment of 20 to 30 minutes, three to five times a week will surely pay healthy dividends.

The weather is becoming cooler, but that need not stop you from walking outdoors. Just dress appropriately.







Travel & Fun in Kansas

Page 18

America's Warfighting Center

Friday, December 3, 2004

Leisuretime ideas

At the movies:

The Barlow Post Theater
Doors open at 6:30 p.m. Shows begin at 7 p.m. unless otherwise noted. Admission is \$3 for adults, \$1.50 for Children 5 to 11 years old and free for children under age 5, except during children's matinees or expected sell-outs.

Dec. 3 – 1 Heart Huckabees (R)

Dec. 4 – The Grudge (PG-13)

Dec. 5 – 1 Heart Huckabees (R)

Dec. 9 – The Grudge (PG-13)

For more information, call 784-2226 or 784-2640.

Junction City:

What: Staged comedy, "The Best Christmas Pageant Ever"

When: 8 p.m. Dec. 3 and 4, 2 p.m. Dec. 5

Where: Junction City Little Theatre, 335 W. 18th St.

Cost: \$10 for adults, \$7 for students.

Salina:

What: "A Christmas Carol." This special holiday production brings the Dickens' classic to life on stage.

When: Dec. 3-5 and Dec. 9-12, 7:30 p.m. Thursdays, 8 p.m. Fridays and Saturdays, 2 p.m. Sundays

Where: 303 E. Iron, Salina Community Theatre

Phone: (785) 827-6126 or (877) 414-2367

Admission: Adults \$10; children \$5

What: Holidays in the Heartland. Father Christmas, children's make-and-take ornaments, entertainment, and refreshments.

When: 2 to 4 p.m. Dec. 4

Where: Smoky Hill Museum

Phone: (785) 309-5776

Admission: Free

Abilene:

What: Victorian Holiday Tea. A true Victorian-style holiday tea.

When: 2 to 4 p.m. Dec. 4

Where: 205 NE Third St., Kirby House

Phone: (785) 263-7336

Admission: \$10

What: Christmas in the Cabin. Experience a pioneer Christmas with wagon rides, music, and old-fashioned pioneer hospitality.

When: 6 to 8 p.m. Dec. 5

Where: 412 S. Campbell St., Heritage Center

Phone: (785) 263-2681

Admission: Free

Olsburg:

What: Olsburg Lutheran Church Swedish Supper. Traditional Swedish smorgasbord served on the first Saturday in December for more than 45 years.

When: 4:30 to 7:30 p.m. Dec. 4

Where: Olsburg Grade School

Phone: (785) 468-3341

Admission: Adults \$12.50, children \$5.50

Washington:

What: Santa's Gifts and Goodies. Annual craft show, baked goods, quilts, ceramics, over 30 booths.

When: 9 a.m. to 3 p.m. Dec. 4

Where: Washington Grade School Gym

Phone: (785) 325-3120

Admission: Free

Hanover:

What: Hollenberg Station's annual holiday open house.

When: 9 a.m. to 3 p.m. Dec.

4

Where: 2889 23rd Road, Hollenberg Station State Historic Site

Phone: (785) 337-2635

Admission: Free

St. Mary's:

What: Holiday home tours, craft vendors, trolley rides. Santa's arrival, merchant open house.

When: 4 p.m. Dec. 6-7

Where: Citywide

Phone: (785) 437-2077

Admission: Free

Morrowville:

What: Nanninga's Christmas Joyland. Thousands of lights decorating one acre of rural farmstead. Animated scenes, music and lighted driveways.

When: 6 to 10 p.m. daily

Where: 913 15th Road

Phone: (785) 265-3538

Admission: Free

McPherson:

What: Christmas at the Vaniman Mansion. The 1920s Vaniman Mansion is decorated for Christmas.

When: 1 to 5 p.m. Tuesday through Sunday Dec. 1-31

Where: 1130 E. Euclid, McPherson Museum

Phone: (620) 241-8464

Admission: Free

Wichita:

What: Lights of St. Paul. Sights, sounds, and atmosphere of the holiday season.

When: 6 to 9 p.m. Sunday through Thursday and 6 to 10 p.m. Friday and Saturday through Dec. 28

Where: 2919 W. Second St.

Phone: (316) 941-0673 or (800) 288-9424

Admission: Free

Hesston:

What: Prairie Sleeps-A Luminary Walk. Candles and Christmas lights illuminate the arboretum's winter architecture along half-mile path. Music and holiday treats in visitor center.

When: 5:30 to 8 p.m. Dec. 4-11

Where: 177 W. Hickory St., Dyck Arboretum of the Plains

Phone: (620) 327-8127

Admission: Donation

Lindsborg:

What: Heritage Christmas. Step into 1880s Prairie Christmas. Enjoy holiday music, seasonal drama, storytelling and delicious refreshments in a beautiful historic setting.

When: 5 to 7:30 p.m. Dec. 4-11

Where: 120 Mill St., Old Mill Museum

Phone: (785) 227-3595

Admission: Adult \$2; child \$1

Arkansas City:

What: Living Nativity. See the Nativity come to life. Drive through, walk through or hear the story on a hayrack ride.

When: 5 p.m. Dec. 6

Where: 1821 N. 15th

Phone: (620) 442-3367

Admission: Free

Topeka:

What: Christmas Cookies in the Cabin and Gift Preview in Vintage Stores. Sample cookies by the hearth, purchase holiday cookies, special sales in the stores.

When: 9 a.m. to 4 p.m. Dec. 4

Where: 124 NW Fillmore

Phone: (785) 368-3888

Admission: Free

Holiday at home



The Victory Inn Bed and Breakfast opens three unique rooms for public viewing during the home tour in Wamego. One room is called the "No Place Like Home" room. It features the Wizard of Oz and represents the 1st Inf. Div.'s historic Kansas home. The "Bistro Room" is reminiscent of the sidewalk cafes visited by Big Red One Soldiers in France during World Wars I and II. The "Miss Victory Suite" was inspired by Lady Victory, symbol of the 1st Inf. Div.

Photo provided

Public invited to see decorations

Staff report

Two holiday home tours in the region Dec. 4 and 5 offer some connections to Fort Riley.

One of the homes on the annual Junction City Sertoma Club belongs to Kay and Dale Gatzka. Kay is a civilian employee with the Army Education Center at Fort Riley.

The Victory Inn Bed and Breakfast in Wamego celebrates the history of the U.S. Army's 1st Infantry Division. It is filled with antiques collected by owners Tony and Tracy Humphreys during their 23-year military career with the Big Red One.

The Wamego tour is sponsored by the Walter P. Chrysler Home project. The founder of the Chrysler automobile company was born in Wamego. The project involves moving his birth home to the corner of U.S. Highway 24 and Kansas Highway 99 where it will become a museum and Pottawatomie County Visitors Center.

The Sertoma Club annually raises money for its community activities and support by featuring local homes during the holiday tour. The Dec. 5 tour features four private residences and the Stagecoach House Museum, a home built in the 1880s by pioneer jeweler and watchmaker Andrew Vogler.

In Wamego:

The Victory Inn Bed and Breakfast at Eighth and Lincoln is a restored 1868 farm home. It contains four unique rooms, including the "Wuerzbarger Room," named for the division's current home in Germany.

The First United Methodist Church in the 700 block of Lincoln has undergone a long remodeling and expansion phase with an estimated \$2.5 million price tag. The complex covers a city block from Sixth Street to Seventh Street.

The Massingill residence at 731 Lincoln has a 114-year history. Visitors will enjoy the home's antique and modern furnishings from Belgium, Germany, France, Poland, England and the United States.

The residence of Ralph and Carol Howard at 701 Pine is known as the Carl Madsen Scholer House and is listed on the Kansas Registry of Historic Places for its unique architectural design.

The Donoho residence at 510 Poplar was built in 1880. It still has many of the

If you go:

What: Wamego home tour
When: 10 a.m. to 4 p.m. Dec. 4 and 1 to 4 p.m. Dec. 5
Cost: \$10 (No children under 12 allowed on the tour.)
Tickets: Available at any of the stops on the tour.
This is a "sock and slipper" tour. Visitors may bring their own socks or be prepared to place supplied booties over their shoes.

If you go:

What: Junction City home tour
When: 1:30 to 5 p.m. Dec. 5
Cost: \$10
Tickets: Available at any of the stops on the tour.

Those taking the tour can begin at any home on the tour.

unique features that the original family enjoyed during the time they occupied the home. The home is decorated eclectically with Victorian-country style furnishings.

The Thom and Brandon Ziph residence at 507 Chestnut is a two-bedroom bungalow built in 1940. The Ziphos have decorated each room with a different country theme with various primitive collectibles from North Carolina, Georgia and Missouri.

Other collectibles include family heirloom furniture, pottery from Ohio brought to Kansas in 1844, family quilts, vintage clothing and family photos predating 1837.

Brandon has decorated her home with a rustic, primitive Christmas theme. Each room has at least one to three Christmas trees of various sizes. Some themed trees include Americana, Shaker, Santa Claus, snowmen, teddy bears and cats, Victorian and glass ornaments.

The Carley residence at 311 J.C. Rogers Drive and the Bosse home at 300 J.C. Rogers Drive offer a switch in emphasis from historic Wamego to new Wamego. Both homes were built in the past couple of years.

The oak fireplace built by Carroll is the focal point of the family room.

Visitors to both of these homes should expect to be enchanted by the lovely Christmas decorations.

In Junction City:

The Starcke House Museum at 306 W. Fifth St. is the oldest building on the Sertoma Club's Christmas Homes Tour.

For the holidays, the house will be dressed in a Victorian style with lots of lace and hand-crocheted ornaments on the

tree.

Staying with tradition, the tree will be lit by small candles and decorated with cornucopia and papier-mâché ornaments.

The home of Kay and Dale Gatzka, 820 W. Chestnut St., will be adorned with garlands, wreaths and Christmas trees. The decorations are highlighted by a family Christmas tree that has 27 years of date Hallmark ornaments that Kay and her daughter have received as gifts from Dale.

"We like Christmas trees," Kay said, "so the more rooms we have, the more trees we can have."

The home of Jane and Jeff Bauman, 7706 Old Highway 40, is a two-story Victorian residence with oak woodwork throughout.

For the Holidays, a Victorian tree highlights the main floor but blends with the old-time traditional decor.

Nita and Ferrell Miller have remodeled their home at 1029 Plains Drive five times since buying it in 1975.

For Christmas, the home is filled with 23 trees ranging in height from 18 inches to six feet. Each is decorated differently.

Ladonna and Gary Junghans designed their home at 2714 Liberty Hall Road as a family home, with bedrooms at one end and a public area on the other end.

The basement is Gary's lair, with several mounted hunting and fishing trophies as befits an outdoors enthusiast. For Christmas, the basement is decorated with family in mind.

The upstairs has been decorated in a more formal and elegant fashion, featuring a tree decorated in gold and white.

The Daily Union reporter Paul Parsons contributed to this article.

BirdHouse hosts Celtic group

Manhattan Arts Center

Manhattan Arts Center's fall 2004 BirdHouse Acoustic Music Series concludes with a holiday performance by Celtic ensemble bohola. The group takes the stage at 8 p.m. on Dec. 3 at the Manhattan Arts Center.

With four renowned musicians whose Irish music careers have spanned both continents and decades, bohola may tout a lower-case name, a la e.e. cummings,

but it always delivers an upper tier show.

bohola combines expert vocalist and guitarist Kat Eggleston, booming bass bouzouki player Pat Broaders, award-winning fiddle virtuoso Sean Cleland and five-year-running All Ireland accordion champion Jimmy Keane.

bohola's live performances include music selections that weave in and out between tunes and songs that can continue for 20 minutes or more.

In bohola's holiday Nollaig performance, the group explores Christian and pagan traditions surrounding the winter solstice in a mixture of song, spoken word and instrumental pieces from the Celtic nations.

According to The Irish Voice, "... bohola is an acoustic power for the new century, a group whose instrumental virtuosity, strong vocals and stunning arrangements place them at the leading edge of today's traditional

music scene."

Tickets for the performance can be purchased at the Manhattan Arts Center, The Dusty Bookshelf in Aggieville, Clafflin Books & Copies, at the door, or by phone at (785) 537-4420. The cost is \$15 for adults and \$12 for students and seniors.

The Manhattan Arts Center box office is open Monday through Friday from 10 a.m. to 5 p.m. and is located at 1520 Poyntz Ave.

